North Scott

Junior High

Activities and Athletics

"Our students will explore a wide variety of activities which encourage positive feelings about themselves and their abilities."

- *NS Junior High Philosophy*

Welcome to North Scott Junior High! We would like to encourage all of you to participate in as many activities as possible.

This pamphlet gives a brief description of all of the activities offered at the Junior High School. You do not have to have any experience to participate in activities and athletics at North Scott Junior High.

If you have questions about any of the activities, ask your homeroom teacher or your counselor.

Sports

All sports are played on separate 7th and 8th grade teams. Listed next to each sport is the quarter that it takes place. NSJH athletics has a no-cut policy; all who go out will be on the team. Athletes must have a physical and proof of insurance on file with the school nurse.

Football	1st Quarter
Volleyball	1st Quarter
Girls Basketball	2nd Quarter
Wrestling	2nd Quarter
Boys Basketball	3rd Quarter
Track	***4th Quarter***
Cheerleaders	1st, 2nd and 3rd Quarter

The purpose of the JH cheerleading program is to instill sportsmanship, school spirit, and fun into sporting events at NSJH.

Special Olympics: Provides an opportunity for students with special needs to participate in athletic events, which allow them to grow physically and to be a part of competition if they are unable to participate in regular competitive sports. These activities may include: bowling, track and field, soccer, and basketball.

Drama/Music

School Play: The Musical offers the opportunity for students to experience theater and acting as an extra curricular activity. The Drama/Musical rehearses after school for approximately 8-9 weeks and then has one dress rehearsal and three public performances. Students

are asked to develop characters based on a script, coaching of the director, and interaction with other students. Students also help with set design, lighting and tech, make-up, and other aspects of the theater to give them a well rounded view of the possibilities offered in drama careers.

Band: Both 7th and 8th Grade meets daily during a class period. Each student is given a like-instrument group lesson once every six days. Performances include a Winter Concert, solo performance at Solo Festival, and Spring Concert.

Jazz Band: 8th grade only, an option for students already in band, meets every other day in school, appears several times in performance

Choir: 7th Grade-This course focuses on performance-based assessment. The students start the semester long class with a rhythm intensive 2-4 weeks which teaches notation and sight reading skills. After the initial weeks of class, students will focus on performance and self critique methods to improve their basic level of singing. There will be **at least one** public performance with the possibility of more, time permitting. Students will be tested in ensemble, group, and individual settings based on grade and ensemble appropriate music. 8th Grade - This course is a continuation of 7th Grade Choir, which builds on the fundamentals of Ensemble Singing. The course will start will a rhythm intensive review of notation and sight-reading skills. The students will then be exposed to a variety of different cultures and styles of music. There will be at least two public performances with the possibility of more, time permitting. Students will be tested in ensemble, group, and individual setting based on grade and ensemble appropriate music.

7th Grade Music: This course focuses on the basic theory of reading and writing music, keyboarding skills, and music history. The students start the semester long class with a rhythm intensive 2-4 weeks which teaches notation and sight reading skills. The next 5-6 weeks are spent with keyboarding techniques and playing skills. The final quarter of General Music is spent covering the history of Western Music from the Medieval Age to the Present. The students study composers, timelines, and interactive projects that incorporate multimedia aspects.

Variety Show: All students are encouraged to share their talents in a variety show performance for the student body at the end of first semester. A tryout is required of all acts. A dress rehearsal for emcees and acts is held just before Showtime.

Academic

Mock Trial: Students will learn about the trial process. Students will compete as a team in a regional competition, (usually in November) and possibly state.

R-News: R-News is a video production class that the students gain skills in using technology to create a video news program that is aired weekly school-wide.

Chess Club: Students can learn this excellent strategic game, or refresh their memories of playing. This also provides a forum for players to match their wits against others.

Math Counts: Math competition against other schools in this area, with the possibility of going to the state and national competition.

Geography Bee: Competition at school level starts in December, and school winner takes written test to qualify for state competition in early April.

Stock Market: Students will compete in teams of five to learn about how the stock market works. They will purchase stocks by team decision with fictitious money over the Internet, competing with other schools in the state.

Spelling Bee: The school-wide spelling bee is open to all 7th and 8th grade students. It is a single elimination competition. 4 students then move on to the regional spelling bee, which is held at Smart Intermediate School in Davenport. These students are provided with a list of words from which to study. From there, the top 7 spellers are invited to compete at the state level in Des Moines, Iowa. Should a speller move on to the National Spelling Bee, he/she would be invited to compete in Washington, D.C. Our school has had several state competitors who have represented North Scott with pride over the last few years. However, we have yet to send anyone on to Nationals.

History Day: This is an exciting program for either 7th or 8th graders. They choose a topic that fits that year's theme and then they actively pursue primary and secondary research sources. They develop their information into a product which may be: Historical Paper, Individual Documentary, Group Documentary, Individual Exhibit, Group Exhibit, Individual Performance, or Group Performance. Work is done after school, during homeroom and/or during study hall time. We have a lot of fun becoming experts on a historical topic.

Scenario Writing: A futuristic story can be written about one of five topics, and submitted for competition at the state level by the end of January.

Invent Iowa: An individual or pair of students creates an original product that improves upon an existing product in order to solve a problem. This product will be promoted at competition, and selected students will qualify for state competition in April.

Service Organizations

Horizons: - Is a group for girls....7th graders meet on Mondays during homeroom and 8th graders meet on Fridays during homeroom. The group's purpose is to support young girls in identifying and discussing the unique challenges and opportunities faced by them during junior high. Topics include peer pressure, communicating with parents, dating, healthy relationships, academics, careers, body image, stress, decision making skills and much more.

Builders Club: Builder's Club is for any 7th or 8th grade student that is interested in community service. Sponsored by our local Kiwanis organization, the club participates in many school and community service events. We visit nursing homes, do clean-up duty around the school, plant flowers, help elderly citizens with yard work, and other helpful activities. Our largest activity is running the concession stand at the Junior High. Students accumulate points for volunteer work and can earn t-shirts and other recognition items. The club meets one morning each week during homeroom. Come join the fun.

DFYIT: (Drug Free Youth in Touch) is a drug prevention educational group. They meet once a week and a representative from CADS (Center for Alcohol and Drugs) brings fun activities and guest speakers for the students.

Young Negotiators: This is a group of students who have been trained with the necessary conflict management skills, who then can be called upon when a conflict arises. The Young Negotiator's job is not to solve the problems for other students, but to help students think of ways to solve problems for themselves. Students can volunteer for this group in their homerooms and a group of students will be selected to attend the training.

Student Council: This is an elected position from each homeroom and each representative serves one semester. Student Council is responsible for putting on three school dances, The Angel Tree Project that raises money for the needy of our community around Christmas time, and a food drive that provides support for the North Scott Food Pantry. We also attend the Quad City Youth Conference and have exchanges with other student councils from neighboring jr. high/middle schools.

Peer tutors: If you are interested in helping other students with their academics this group would be for you. During study hall or homeroom you can be paired up with someone who needs assistance in math, reading, language arts, geography, science or even art!

SOUP: Student Organization Unifying People serves to discuss issues within our school and community. Each month focuses on a different issue. Service projects will be created and completed by group members.

Peer Helper for Special Needs Students: This peer helper experience allows students to assist students who have special learning needs. Students may participate during a study hall time by helping with computer skills, math skills, and vocational skills- in a small group or individually with special needs students.

CHECKLIST OF INTERESTS

There are many activities and organizations we would like you to become involved in. Studies show the more activities a student is involved in, the more likely the success of the student. It is our goal to have every student at North Scott Jr. High involved with at least one group activity. As you can see from the list of choices, you have a variety of focuses to support any interest. Focus areas are sports, drama and music, academic, and service. We would like you to take a minute to look over the choices. By reading the descriptions, you will get a better idea of what each group has to offer. Check any group/groups that you may be interested in. Please be sure to return this checklist into your homeroom teacher.

I am interested in getting more information about the following group/s.

Drama/ Music

School Play _____
Band _____
Jazz Band _____
Choir _____
Variety Show _____

Academic

Mock Trial _____
Chess Club _____
Math Counts _____
Future Problem Solvers _____
Geography Bee _____
Knowledge Masters Open _____
Stock Market _____
Spelling Bee _____
History Day _____
Scenario Writing _____
Invent Iowa _____
R-News _____

Service Organizations

Horizons _____
Builder's Club _____
DFYIT _____
Special Education Class Helper _____
Young Negotiators _____
Student Council _____
Peer Tutors _____
SOUP _____

_____ Student Name

_____ Homeroom Teacher